

## Barr Beacon School Bistro Menu

*Summer School*

<b>Monday</b>	<b>Main Course</b>	SAUSAGE (S,GL) & BACON (SD)
	<b>Vegetarian Main</b>	QUORN SAUSAGE (V,GF,E,CE,D )
	<b>ALL DAY BREAKFAST £2 MEAL DEAL WITH A FREE BOTTLE OF WATER</b>	
	<b>Served With</b>	HASH BROWN (V,GF), TOMATOES (V,GF), BAKED BEANS (V,GF), SCRAMBLED EGG (E,D) & MUSHROOMS (V)
	<b>Pasta</b>	<b>£1.50</b> ITALIAN CHICKEN (H,GL,E)
	<b>+ CHEESE</b>	<b>£1.80</b> TOMATO AND BASIL (V,GL)
<b>Dessert</b>	<b>50P</b> BROWNIE (GF,E,D,S) MAY CONTAIN NUTS	
<b>A SELECTION OF SANDWICHES AVAILABLE DAILY £1.15 - £1.30</b>		
<b>Tuesday</b>	<b>Main Course</b>	CHINESE CHICKEN CURRY (GL,MU,CE)
	<b>Vegetarian Main</b>	SWEET AND SOUR VEGETABLES (V,GF)
	<b>£2 MEAL DEAL WITH A FREE BOTTLE OF WATER</b>	
	<b>Served With</b>	RICE (GF) NOODLES (GL,E) PRAWN CRACKERS (CR,E,GL,F,N,S)
	<b>Pasta</b>	<b>£1.50</b> FIRECRACKER CHICKEN (H,GL,E)
	<b>+ CHEESE</b>	<b>£1.80</b> TOMATO AND PEPPERS (V, GL,E)
<b>Dessert</b>	<b>50P</b> WHITE CHOCOLATE CHIP COOKIE (GL,D,S,N)	
<b>JACKET POTATOES 80P WITH CHEESE BEANS OR TUNA X1 FILLING £1.30 X2 FILLINGS £1.60 AVAILABLE DAILY</b>		
<b>Wednesday</b>	<b>Main Course</b>	PEPPERONI PIZZA (GL,D)
	<b>Vegetarian Main</b>	MARGARITA PIZZA (V,GL,D)
	<b>Served With</b>	FARMHOUSE FRIES (V) BEANS (V,GF)
	<b>£2 MEAL DEAL WITH A FREE BOTTLE OF WATER</b>	
	<b>Dessert</b>	<b>50P</b> RASPBERRY JAM DOUGHNUTS (GL,V,D,E,SS)
<b>Thursday</b>	<b>Main Course</b>	ROAST CHICKEN (GF)
	<b>Vegetarian Main</b>	CREAMY VEGETABLE PIE ( V, GL,E )
	<b>£2 MEAL DEAL WITH A FREE BOTTLE OF WATER</b>	
	<b>Served With</b>	SEASONAL VEGETABLES , YORKSHIRE PUDDING (GL,E) SAGE AND ONION STUFFING (GL,D) GRAVY (V,GF)
	<b>Deli Wrap</b>	<b>£1.60</b> CHICKEN TIKKA (H,N,GL)
	<b>Dessert</b>	<b>50P</b> CHOCOLATE FLAPJACK (GL,D)
<b>Friday</b>	<b>Main Course</b>	ZINGY CHICKEN BURGER (H,GL,SS) MAY CONTAIN BONES
	<b>Vegetarian Main</b>	CHEESE AND ONION PASTY (V,GL,MU,D,S)
	<b>Served With</b>	FARMHOUSE FRIES (V) BEANS (V,GF)
	<b>£2 MEAL DEAL WITH A FREE BOTTLE OF WATER</b>	
	<b>Dessert</b>	<b>50P</b> ORANGE JELLY (V)

P - PEANUTS  
N - NUTS (TREE NUTS)  
D - DAIRY PRODUCTS  
S - SOYA  
MU - MUSTARD  
L - LUPIN  
E - EGGS  
F - FISH  
GL - GLUTEN  
CR - CRUSTACEANS (PRAWNS)  
MO - MOLLUSCS (SCALLOPS, MUSSELS)  
SS - SESAME SEED  
CE - CELERY  
SD - SULPHUR DIOXIDE



**CE - CELERY**

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.



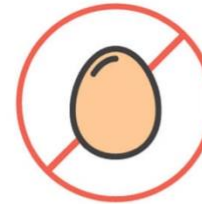
**GL - GLUTEN**

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.



**CR - CRUSTACEANS**

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



**E - EGGS**

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



**F - FISH**

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



**L - LUPIN**

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.



**D - DAIRY**

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



**MO - MOLLUSCS**

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



**MU - MUSTARD**

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.



**N - NUTS**

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



**P - PEANUTS**

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



**SS - SESAME SEEDS**

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



**S - SOYA**

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.



**SD - SULPHUR DIOXIDE**

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.



**V - VEGETARIAN**



**H - HALAL**



**GF - GLUTEN FREE**